



## bp fitness program e-newsletter



*Creating a culture of fitness!*

**July 2025**

Summer is in full swing! Vacations, heat, holidays and fitness! The bp fitness center has plenty of summer fun to help you stay healthy, strong and connected to your fellow members!

- Show of Fitness! \*
- Summer Sweat Fest\*
- Group fitness in July\*
- Sign up for a training session! \*
- Ask the Physical Therapist
- Garden Club Morning Mingle
- Thrive with US
- [Join us on Viva Engage](#)

More information and details below!

*\*Are virtual programs you can participate in from anywhere!*

### July 4<sup>th</sup> Holiday Closing

The bp fitness centers will be closed Friday, July 4<sup>th</sup> through Sunday, July 6<sup>th</sup>.

We will resume normal operating hours Monday, July 7<sup>th</sup>.

This is in observance of the July 4<sup>th</sup> holiday.

No Group Fitness Classes will be held during this time.

Have a safe and fun holiday weekend!

### Show of Fitness – coming July 21st

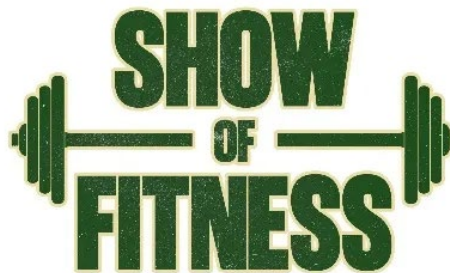
Show of Fitness Returns July 21 – August 8

<http://bpfitnesscenter.net/show-of-fitness.shtml>

Join our biggest annual fitness event of the summer! This friendly competition tests your strength, speed, and endurance to perform exercises that are fun, safe, and challenging for all levels of fitness.

Best of all—it gives you a great indication of what you may need to improve on from a strength, endurance and cardiovascular perspective.

- 4 of 7 events get you a cool t-shirt!
- 5 of 7 events gets you eligible for overall scoring!



- **Start practicing the challenges NOW** – check out our webpage for [Exercise Tips and Resources](#) to help you set a new personal record!

Show of Fitness Contributes to Wellbeing Point opportunities:

Million Steps Challenge - 250 pts / million steps  
 Logging 2000 exercise minutes - 125 pts / quarter

Who will be this year's fittest member? Check Out Last Year Winners: [2024 Top 10](#)

## Group Fitness in July



# SUMMER SWEAT FEST



It's simple — attend 20 group fitness classes from June 2nd - August 29th and earn a prize!



**REGISTER HERE**



This health and wellness program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. The information provided through this health and wellness program is for informational purposes only and is not a substitute for your doctor's care. Your health information is kept confidential in accordance with the law and may be used to provide health and wellness recommendations as applicable. The health and wellness program is not an insurance program and may be discontinued at any time. © 2022 Optum, Inc. All rights reserved.

## New Season, New Schedule

Happy Summer, Group Fitness Community! We're excited to share our **Q3 Group Fitness Schedule**—your guide to staying active and engaged as temperatures rise. From **June 2nd to August 29th**, join us for a wide range of group fitness classes. From energizing cycle sessions and strength formats to calming stretch breaks. It's a great time to refresh your routine and explore everything that we have to offer.

But that's not all—**Summer Sweat Fest Challenge** is back! This friendly challenge invites participants to complete **20 group fitness sessions** this summer, earning recognition, community connection, and a chance to win a prize. There's still plenty of time to earn points!

☒ **How to join the challenge:**

- [Register Here](#)
- **Check out our schedules below and take a class.** All in-person and virtual classes count - including our 10-minute stretch breaks!
- **In-person participants:** Mark your attendance in the studios.

- **Virtual participants:** Attendance will be tracked automatically via Teams (must attend the full session)
- **Each class earns you one point.**
- **Earn 20 points to win a prize!**

*We'll send out weekly updates, including highlighted classes worth double points to keep you motivated! We will announce our winners in September.*

**Please note:**

*No classes will be held on Friday July 4th as both fitness centers will be closed in observance of Independence Day.*

**50 min. Restorative Yoga Pop-Up at WL1 July 23<sup>rd</sup> at 3pm (space limited to 12)**

**[Register Here](#)**

*Join Cindy for a restorative yoga session, suitable for practitioners of all levels. Restorative yoga is a restful practice that holds yoga poses (asanas) for a longer duration using props like yoga blocks, blankets, and bolsters. It is a practice of deep relaxation that emphasizes the meditative aspect of yoga-the union of body and mind. Through the use of props for support, many of the postures are held almost effortlessly leaving feeling calm and at ease.*

**Benefits include:**

- *Increased relaxation*
- *Better sleep*
- *Improved well-being*
- *Better mood*
- *Reduced pain*
- *Gentle on the body*

**[Download the full class lineup here](#)**

Bp Employees can stay up to date on group fitness programs through the [monthly Viva Engage newsletter](#). Retirees and spouses can access the full schedule of group fitness and descriptions on our webpage: [Group Fitness - bpfitnesscenter.net](#)

**Group exercise classes:** Earn 75 points for every 10 group exercise classes (onsite or virtual instructor led classes) you attend, up to 150 points. Once all 10 classes are complete, self-report on your Thrive with US portal by locating Points & Rewards > click Continue under "Your Active Incentives for 2025/2026 Plan Year" > click Social > click Complete 10 Group Exercise Classes. Click REPORT COMPLETION and indicate the date and the type of classes you predominantly participated in to receive points.

*\*Points are available between 7/1-12/31*

Are you a BRG group interested in sparking engagement in your meeting or event? Partner with bp Group Fitness for your next on campus event or meeting. We'll help energize your group by incorporating physical activity that's fun for all levels. Connect through your in-person meeting on the Houston campus or virtually through Teams - the opportunities are endless!

- Yoga/Breathwork/Meditation
- Stretch/Mobility
- Core/Pilates
- Dance Breaks & Lessons
- Boot Camps/Agility/Strength Training
- Spin Classes
- ...and many more specialties!

Email [Edie.Garcia-Gutierrez@bp.com](mailto:Edie.Garcia-Gutierrez@bp.com) to schedule your team builder now!



### Ask the Physical Therapist

Meet Mansi Shah, our Physical Therapist at the Health and Wellness Center! Bring your questions about any aches and pains you have-- and discover how physical therapy can help address your musculoskeletal concerns.

Join us on Tuesday, July 8th, at the Helios Fitness Center from 11:00 AM to 1:00 PM.

Don't miss this opportunity to learn more about improving your health and well-being!



### Garden Club – Morning Mingle

#### Fellow Gardeners—

Join us for a **BP Beyond Planting Garden Club Morning Mingle** on **Thursday, July 17th at 9:00 AM!** We'll gather at the **BP Garden**, just east of the Helios building, to enjoy a refreshing morning among friends and flowers.

Come enjoy some refreshments, light snacks, and start your day with great company and garden inspiration, and music! We can't wait to see you there!

### Member Spotlight

#### **Let's Get to Know Our bp Fitness Community!**

We're excited to share two new Member Spotlights that highlight the incredible individuals who make our fitness community so special—one current employee and one retiree.

First, meet **Sumeet Anand**, a Technology Engineer who has been with BP for over 14 years and a dedicated fitness center member for more than a decade. His story is one of consistency, energy, and how staying active fuels success at work and beyond. [Read Sumeet's Story Here](#)

Next, let's get to know **Cynthia Crooks**, a BP retiree who spent 22 years on the High-Performance Computing team. Cynthia's inspiring fitness journey continues strong into retirement. From karate training to unloading 18-wheelers full of pumpkins, she proves age is no barrier to strength. [Read Cynthia's Story Here](#)



If you're interested in being featured, whether you're a current employee or retiree, we'd love to hear from you.

Fill out the spotlight forms below and share your story with us!

- [Member Spotlight - Current Employee](#)
- [Member Spotlight - Retiree](#)

Your story could be the motivation someone else needs to start or continue their fitness journey!



## Sign up for fitness training

### Ready to Crush Your Fitness Goals?

Unlock your full potential with **1-on-1 Personal Training!** Whether you're just starting out or looking to break through a plateau, our Exercise Specialist are here to guide you every step of the way.

**Why Personal Training?** Customized workouts tailored to YOUR goals

- ✓ Expert guidance on form, technique & injury prevention
- ✓ Accountability & motivation to stay on track
- ✓ Faster, more sustainable results
- ✓ Flexible scheduling to fit your lifestyle.



[Sign up today and take the first step toward a stronger, healthier you.](#)

## Century Club Check In – Are you half-way to 100 Visits?

Always remember to scan in when you use the fitness centers so you can make it to the 2025 Century Club (those with 100 or more visits).

218 members have already made it to 50.

To check your own fitness center visits:

- login into Flex: <https://flex.plusone.com>
- Select the facility you use.
- Scroll to the bottom of the page to select your date range --and run your report.

If you forgot your Flex password—just let a staff member know—we'll reset for you.

Don't forget—if you get a new badge—we need to update it in Flex so you can scan-in.

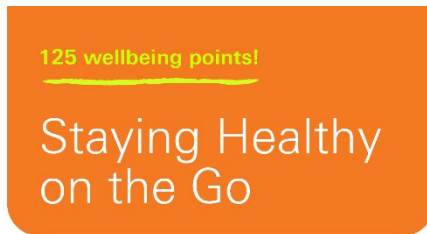


## Thrive with US

Check out our Q3 WebMD wellbeing class: [Staying Healthy on the Go - 125 points!](#)

Live classes run July 15 - July 31

This wellbeing class offers practical tips for staying active and eating well, even with a busy schedule. Discover creative ways to move more, eat healthier on a budget, and set SMART goals to support your Wellbeing MVP journey.



## bp fitness Etiquette

A few reminders and rules to help share our Fitness Center and locker rooms:

- Pick up after yourselves. **Use the towel drops and trash cans.**
- Please observe fitness center hours of operations and do not stay past designated closing times.
- Please **bring a water bottle** with you. You can fill it in the Fitness Centers and help the environment by saving on paper cups.
- Please do not use shower stalls as dressing areas.
- Please do not spit in the showers.
- Please **do not use aerosol sprays** of any kind. They are prohibited on the bp Westlake Campus and can irritate or cause reactions in your fellow members.
- **Lockers are for gym session use only.** Left bags and other items will be removed daily.
- Be secure. **Always lock your locker** and protect your belongings. The Fitness Center is not responsible for any lost or stolen items. Lock up especially during peak hours.
- **Be safe** by watching out for open locker doors and trip and slip hazards.
- Minimize clutter - Sneakers, gym bags and laptops don't all deserve a spot on the bench.
- **Share equipment;** let others work in between your sets.
- **Use safety clamps/collars** on free weight bars.
- **Clean up after yourself.** Wipe down benches, machines, and mats after use. The Fitness Center has cleaning wipes located throughout the facilities—please use.
- Put your weights and equipment back where they belong.
- **Limit cell phone use** in the facility and please keep your voice down.
- Avoid dropping/dumping heavy weights and excessive grunting.
- Report broken equipment.
- Lost and found - if you are missing any shoes, pants, workout shirts, toiletries, bike helmets, gloves, etc., please check with a Fitness Staff member about locating your missing item in the lost and found. The **Fitness Center is not responsible for any lost or missing items.**

A little courtesy and cleanliness go a long way!

## Articles For You!

We hope you enjoy these hand-picked articles\* from the bp Fitness Staff!

These articles are selected to inform and inspire you towards your health and fitness goals. Have a look!

**Articles:**

- [Why Is Physical Activity So Important for Health and Well-Being?](#)
- [Three Types of Exercise Can Improve Your Health and Physical Ability](#)
- [Habit Formation | Psychology Today](#)
- [Why You Need Distress Tolerance Skills | Psychology Today](#)
- [How to start a new habit: think small: Life Kit: NPR](#)
- [Scientists reveal what the length of your fingers really says about you, and it might be surprising](#)
- [Wearable Tech is Good. But Listening to Your Body Is Still Better.](#)

**For Show of Fitness**

- [Grip strength can indicate health and longevity | CNN](#)
- [9 Benefits of Wall Sits \(and How to Do Them\)](#)
- [How To Use an Air Bike: Tips, Technique & Benefits](#)
- [How to Do a Reverse Plank: Tips and Recommended Variations](#)
- [Walking a Mile a Day: Benefits and Tips](#)
- [How to Train to Run 1 Mile in 4 Weeks](#)

\*The bp Fitness Center does not necessarily endorse all the views or products that may be advertised on the attached links.

Until Next Month ...

**Until next month....**

*"When you feel like quitting, remember why you started."*

[bpfitnesscenter.net](http://bpfitnesscenter.net)

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